














































San Francisco VAMC Fort Miley Psychosocial Rehabilitation and Recovery Center

~ Fall 2012 Schedule ~ October 3 - December 28, 2012~

(415) 750-2226

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | | | |
|-------------|--|---|--|---|--|--|---|--|--|--|---|---|
| 9:00 - 9:45 | Leisure and Wellness  Russell/Gary Room GA-39 | Speaking of Smoking  Jackie/Tom Room GA-41 | Skillful Emotions  Alexis/Michael Room GA-39 | Social Skills Training  Amy/Jackie Room GA-41 | Veterans Community Council  Maisie/Alan Room GA-41 | Healthy Living  Jackie/Gloria Room GA-39 | Heart of Recovery  Jennifer/DiAnn Room GA-41 | Coping Through the Senses  Amy/Alexis Room GA-39 | Leisure and Wellness  Russell/Gary Room GA-41 | | | |
| | Mindful Living  Alexis/Alan Room GA-39 | Techniques & Role Recovery  Jackie/DiAnn Room GA-41 | Orientation  Room GA-41 <i>by appt</i> | Wellness Managemt. 10-11:30am  Amy/Karen GA-39 <i>*register*</i> | Ending Self-Stigma 10-11:30am  Jennifer/Townley GA-91 | WRAP & Roll  Laura/Jackie Room GA-41 | WRAP  Maisie/ Amy Room GA-39 | Mind Over Mood  Sara/DiAnn Room GA- 41 | Self-Awareness Assessments  Jennifer/Amy Room GA-39 | Orientation  Room GA-41 <i>by appt</i> | Managing Anger  Richard/Laura Room GA-39 | Social Skills  Alexis/ Maisie Room GA-91 |
| | Relationship Skills  Jackie/DiAnn Room GA-39 | Recovery Walk  John/Alan Room GA-34 | | | | Independent Living Skills Karen/Townley GA-41 <i>By Permission</i> <i>*Community Meeting 1st Wed of the month</i> | Happiness Boot Camp  Maria Room GA-39 <i>*register*</i> | Schizophrenia Support Group  Nick/Kate/Ben GA-41 <i>*register*</i> | Wellness Management  John/Sara GA-39 | Community Discovery  DiAnn/Jackie GA-39 | Committing to Life  Townley/Alan GA-41 | |
| | All Things Spiritual  Julie/Alan/Alexis Room GA-39 | 12:30-2:00 Veterans Story Corps  Richard/Dan Room GA-41 | Art of Life 1:00 - 2:45  Dan/Lianna/Richard | Social Skills Training  Townley/Sara Room GA-39 | Psychosis Support  John/Jennifer Room GA-41 | Seeking Sanctuary  Jon Wright Room GA-39 | Dual Recovery  John/ Maisie Room GA-41 | Techniques in Role Recovery  Alexis/Jackie Room GA-39 | Recovery Walk  John Room GA-34 | | | |
| 2:00 - 2:45 | Self-Esteem  Julie/DiAnn Room GA-39 | Women Create 2:00-3:30  Maisie/Laura/Lianna Room GA-41 <i>*register*</i> | Art Guild 3:00 - 5:00  Room GA-41 | Reading for Recovery  Karen/Michael Room GA-39 <i>*register*</i> | Recovery Resource Lab Books, videos, & other resources  Joseph Room GA-37 | Recovery Walk  John Room GA-34 | Veterans Meeting in the Community Fridays from 1:00-2:30pm Independent Living Resource Center 649 Mission Street (415) 543-6222 | | | | | |
| | | | Family Support 6:00-8:30  Maisie <i>*register*</i> | |  | See Course Catalog for Class Descriptions | | Note: Activities listed in gray are hosted by the PRRC but may have other sponsors and/or be non-clinical | | | | |

Classes marked **register** require registration prior to attending class. There are a couple ways to register:

- 1) Attend Registration Day on October 1st or 2nd
- 2) Contact the specific class facilitator
- 3) Leave a voicemail on (415) 750-2226